



## LATEST NEWS FROM AROUND AND ABOUT THE ARROWFIELD ESTATE

### WELL HELLO THERE!

Welcome back to the second Arrowfield Southway Tenants Newsletter. In the first edition we told you all about the upgrade to air source heat pumps and how this would affect you. If you missed that newsletter, you can read it on Southway's website.

This is Rita, a tenant who is very happy with their new air source heat pump!



*"The radiators are much better – It's a different kind of heat altogether"*

Rita was one of the first residents to have the new air source heat pump installed at her home, in the first week of December. The installation took around two full days from start to finish, and the heating was turned back on in the afternoon of day two.

Rita found the contractors doing the work at her home to be very nice and polite, and although she was a little bit worried about the mess, they were really respectful of her home and cleaned up after themselves – she can't complain about them at all!

She is really happy with the work that has been done, the radiators are much bigger and warmer than before which means the house is cosy. Once the new cavity wall insulation is completed, her home will be warm, cheaper overall to live in and help to reduce carbon dioxide emissions on the estate.

Rita has found the new system easy to use, and has also found the support from Kevin and Abdi from the Hub really helpful when she has had any questions to ask, or needed any help.

### FREE COOKERS HERE

We are providing a limited offer to replace your gas cooker with an electric cooker – this will save you £90 or more just on the service charge.

This is purely voluntary and if you cannot live with a gas cooker or hob then you can. As part of the offer we can also collect the old cooker (at time of delivery only) free of charge and dispose of it. We will then connect up your brand new cooker delivered by AO and once the scheme closes, we will arrange and pay for the disconnection of the gas supply.

To find out more, contact Abdi Ali on [zerocarbon@southwayhousing.co.uk](mailto:zerocarbon@southwayhousing.co.uk) or call into the Project Hub on Brookstone Close.

This is a limited conditional offer and a letter explaining how it will work will be with you in the next week or so.

### WHAT'S HAPPENING NEXT...

The project installations will continue now through until April.

Once planning permission has been agreed, the installations on the flats will commence as well. Also ongoing is the removal of the old cavity installation and its replacement with a better more effective and durable injected foam version.

ENWL are also still continuing their electric grid upgrade work which is why you will see more road works and street activity. From our side, we will be rolling out the gas cooker replacement scheme as well as following up with all the tenants who have had the Air Source Heat Pump retrofit to ensure we capture and address any issues.



## KEEP WARM, KEEP WELL ON ARROWFIELD

### FREE COMMUNITY EVENT

Thursday 19<sup>th</sup> January 2023 | 3.00-6.30pm  
Project Hub, 1 Brookstone Close, M21 7UH

Celebrating the first wave of homes to have an air source heat pump installed!

- Speak to tenants who have had an air source heat pump installed
- Speak to the team installing and supporting the new systems
- Get advice on heating your home efficiently
- Take part in wellbeing activities for mind, body and soul
- Speak to Southway Housing and local politicians about the scheme and why it's important

The first 10 households will receive a free Warm and Well Goody Bag!



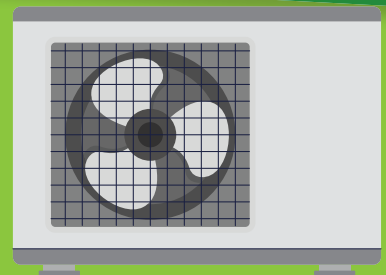
WARMER HOMES • MORE SUSTAINABLE HOMES • LOWER EMISSIONS

For more information you can email on: [zerocarbon@southwayhousing.co.uk](mailto:zerocarbon@southwayhousing.co.uk) or call 0161 448 4200.

## A BIG THANK YOU

A big thank you to everyone who has had the work completed.

You are helping us do our bit to reduce harmful CO2 emissions and over the long term, saving yourself money. If you still are reluctant to have the work done, talk to one of tenants with the new system and the on site Tenant Liaison Officers to see if we can change your mind, help the planet and save you money.



For more information you can email on: [zerocarbon@southwayhousing.co.uk](mailto:zerocarbon@southwayhousing.co.uk) or call 0161 448 4200.





## LATEST NEWS FROM AROUND AND ABOUT THE ARROWFIELD ESTATE

### KEEP YOURSELF SAFE!

All of our contractors must carry photo ID.

Make sure you ask for this – and check it closely – before you let them in.

Don't let anyone in if you have any concerns – and report your suspicions to the project team.

Other things you can do to keep safe are:

- Have a look through a window or door viewer before opening the door.
- Use a chain or a limiter until you are satisfied that they are who they say.
- Call 999 if you feel you are in immediate danger.



### FRESH AIR AND CONTACT WITH NATURE IS GOOD FOR YOUR MIND AND YOUR BODY.

Do you feel like getting outside is something which would be good for you?

Spending time outside in nature supports physical and mental wellbeing.

Outdoor activity and gardening is known to be good for physical and mental health.

We have some great environmental projects on the Arrowfield estate and there are opportunities for adults to get involved.

If you would like to join our **Urban Ranger (Debbie Wallace)** outside on some of our green spaces for some fresh air for a couple of hours, we will be meeting up at 10.30am on Wednesdays starting on **25th January**. This will run for 4 weeks until 15th February.

There will be a variety of tasks to get involved with. If you like to be active, you will be able to get involved with some of the more physical work such as digging and barrowing woodchip. It is fine if you prefer something less strenuous, there is something to suit everyone. You are also welcome to drop by and watch and find out more if you would like to.

We will meet up at the new woodland area on Wintermans Road. This site is opposite numbers **13 -23 Wintermans Road**.

Gardening gloves and equipment will be available for you to use. Please wear strong outdoor shoes and warm clothing which is suitable for winter gardening in.

#### WHAT IF THIS TIME DOES NOT WORK FOR YOU?

If you enjoy nature and want to help your local wildlife, you may already be looking for ways to get involved with improving your local environment.

If you would like to get involved but the **10.30 – 12.30 Wednesday session** will not work for you, please contact Debbie Wallace at **d.wallace@southwayhousing.co.uk** to discuss your availability.

#### WHAT ABOUT CHILDREN. HOW CAN THEY GET INVOLVED?

Look out in future editions of Arrowfield Messenger for events for children and volunteering opportunities for young people.

You can also get in touch with Debbie Wallace to let her know if you have young people in your family who would like to get involved in nature projects **d.wallace@southwayhousing.co.uk**.

### EVENT CALENDAR



#### MONDAYS

Digital Support: 10-12pm at BMCA

Eat, Meat and Greet: 11-1pm at Westcroft Community Centre

#### TUESDAYS

Craft Making: 10-12pm at BMCA

English Café (for those new to the English language or just want to drop in for a catch up, all are welcome): 10-11am at BMCA

Old Moat Coffee Morning: 10.30-12pm at St Christopher's Church (fortnightly on 22nd Nov and 6th and 20th Dec) (Call 0161 448 4227 to book)

Lunch: 12-1pm at BMCA (Call 0161 446 4805 to book)

Men's Den: 1-3pm at BMCA

Yoga: 4.30-5.30pm at BMCA (Call 0161 446 4805 to book) Chair-based exercise: 10-11am at BMCA (Call 0161 446 4805 to book)

#### WEDNESDAYS

Card Making: 10-12pm at Westcroft Community Centre

Card Making: 10.30-12pm at Minehead Café

Quids In Food Club (for those on some Housing Benefit or Universal Credit): 10-1.30pm at Westcroft Community Centre \*Quids In' offers up to £15 worth of food for just a £2 weekly membership fee – supplied by Fareshare\*

Cake and Conversation: 11-12pm at BMCA

Let's Cook: 1-3pm at BMCA (Call 0161 446 4805 to book)

#### THURSDAYS

The Den Community Café: 9.30-1.30pm at BMCA

Walk and Talk: 10-11am at BMCA (Call 0161 446 4805 to book)

Old Moat Coffee Morning: 10.30-12pm at Minehead Café (fortnightly on 17th Nov and 1st and 15th Dec) (Call 0161 448 4227 to book)

Souper Chatty: 11-4pm at Westcroft Community Centre

Lunch: 12-1pm at BMCA (Call 0161 446 4805 to book)

Storytime and Crafts: 4-6pm at Westcroft Community Centre

#### FRIDAYS

Women's Chill Out Group: 10-12pm at Westcroft Community Centre

The Den Community Café: 9.30-1.30pm at BMCA

Music For Mindfulness: 10-12pm at BMCA

Buddy Bistro: 12-1pm at BMCA

